



## Summary of Weight Watchers Services for the Commonwealth of Virginia

### Local Meeting vouchers<sup>\*</sup>

This pre-paid savings plan offers you the flexibility of attending Weight Watchers meetings in your community when and where it suits you best. You benefit from an experienced Leader and group support from fellow members. **To order Local Meeting vouchers call 1-866-614-9129.** Series length is 13 or 18 weeks. Vouchers are mailed to your home. You use them for admission to a local meeting. Vouchers come bundled with an exercise DVD (13 weeks - \$119.86) or a Walking Kit (18 weeks - \$165.96) at no additional cost to you.

### Online subscription

You can follow Weight Watchers step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides, and hundreds of recipes and meal ideas. Plus, connect with our free online community, day or night, for inspiration and motivation. Series length is 3 months (\$55.00) or 12 months (\$166.70). Visit: [www.DHRM.virginia.gov](http://www.DHRM.virginia.gov). **The Commonwealth promotion code for special pricing is: 14-551-1367-18860. Type this number into the online area when prompted.** This promotion code is required in order to receive the Commonwealth special pricing.

### At Work meetings<sup>\*†</sup>

A Weight Watchers leader comes to your workplace to provide experienced guidance at weekly meetings that fit perfectly into the busy workday. You benefit from the proven advantage of group support for successful weight loss with coworkers who understand the workplace environment best. The 13 week series is \$155.35, the 17 week series is \$186.00 and you pay in the meeting room. **To see if there is an At Work meeting already set up at your location visit [www.dhrm.virginia.gov/WeightWatchers.html](http://www.dhrm.virginia.gov/WeightWatchers.html). To get a meeting started call 1-800-8-AT WORK.**

### Monthly Pass program

Monthly is an ordering/payment method allowing employees to go to local Weight Watchers meetings as many times per month as they choose. The service continues until the employee cancels the credit card payment. Monthly pass also includes a suite of online e-tools and may be submitted by eligible state employees for reimbursement of half the cost of Weight Watchers services. The employee **MUST** have an active e-mail address to trigger Monthly Pass sign up. For more information, visit the Weight Watchers Web site at [www.weightwatchers.com/monthlypasslocations](http://www.weightwatchers.com/monthlypasslocations).

<sup>\*</sup>Available only in participating areas in the U.S. <sup>†</sup>Minimum enrollment required.

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